



COMMANDO

Any Time, Any Place

Vol. 54, Issue 36

16th Special Operations Wing, Hurlburt Field, Fla.

Oct. 7, 2005



C-47 airplane almost found a new home See Page 3

Court martial

Cocaine use earns another Airman a trip to jail after a two-day court martial See Page 4



How the 1st Special Operations Wing became the 16th SOW See Page 4

Lecture series

Retired Maj. Gen. Richard Comer, retired Col. Gary Weikel and retired Chief Master Sgt. Wayne Fisk will all be speaking at the sixth installment of "Through the Eyes of a Commando" Tuesday See Page 6

Columbus Day

16th Services Squadron facility hours for Columbus Day See Page 8



The 16th Operations Support Squadron snags a win from the 16th Special Operations Squadron See Page 14

Weekend Forecast

Today	Saturday	Sunday
High 83, Low 69 – Isolated showers	High 82, Low 64 – Partly cloudy	High 83, Low 65 – Partly cloudy



Photo by Airman 1st Class Ali Flisek

On the edge

Airmen paddle across the Sound with just their fins after swimming across the Sound to retrieve the zodiacs during Special Tactics Officers selection week for Special Tactics Officers Sept. 15-21. The week-long class tested the Airmen in the areas of team-building, water survival and many other special tactics areas, to see if they had what it takes to be a STO.

See Pages 16-17

Air Force Climate Survey

Airmen get a chance to make their voices heard, sort of

By Master Sgt. Stuart Camp
Public Affairs

Airmen can make their voices heard with ... well, with a click of the mouse.

The 2005 Air Force Climate Survey is a Web-based, multiple-choice questionnaire, and the window to take the survey began Saturday and ends Nov. 23.

The survey, themed "Speak Today, Shape Tomorrow," is geared to involve all elements of the Total Force — active-duty, Reserve, Air National Guard service members, and appropriated- and nonappropriated-funded civilians.

In 2005, Hurlburt Field's participation rate was more than 50 percent, said Capt. Mark Walsh, 16th Security Forces Squadron and installation project officer for the survey.

"This year, we're looking to get more people involved," he said.

Hurlburt's participation campaign includes encouraging deployed Airmen to log in.

Where to click

The survey can be accessed, from work or home, at <https://afclimatesurvey.af.mil>.

"Every Airman has the ability to affect change in the Air Force, for the better, by taking this survey," Captain Walsh said. "It was an easy survey to take. It took me about 30 minutes."

Air Force senior leaders stand behind the intent of the survey.

"This survey will help us ensure we are taking care of our most important asset — our people," said Gen. Michael Moseley, Chief of Staff of the Air Force. "We have used the most advanced information-masking reporting software available to ensure your identity will be protected."

"The questions in the survey itself are intentionally hard-hitting, and I

fully expect your direct, honest and candid feedback," he said.

Although there are questions relating to demographics, Captain Walsh explained that there is "perfect anonymity" with the survey, so participants' answers can be honest without fear of retribution.

Air Force leaders are encouraging participation so each person's voice will be heard.

"It's your chance to provide honest and straightforward answers to issues that directly affect you and your fellow Airmen," said Gerald Murray, Chief Master Sgt. of the Air Force.

There are some differences from previous climate surveys. New this year is a section of questions focusing on supervisors — their ability to manage, motivate and empower. Captain Walsh also explained that survey takers won't be able to add comments like they have in the past.

The survey can be accessed, from work or at home, at <https://afclimatesurvey.af.mil>.

Home of America's Air Commandos

Fight and win: Preparedness must for expected, unexpected contingency operations

By Maj. Dani Johnson
4th AEG Public Affairs

NEW ORLEANS – I thought I was ready to deploy but I didn't realize how unprepared I really was until I received orders to move within 24 hours.

I had to ask myself the question: How prepared am I to face unexpected contingencies or disasters?

I received the notice the morning of Sept. 3 to deploy the next day to Maxwell Air Force Base, Ala., for Joint Task Force-Katrina. My mind scrambled as I thought about what I needed: orders, plane tickets and gear.

My staff had to be recalled so I could go over the next month's events, since I didn't know how long I would be gone. Professionally, I was ready and prepared.

Personally, I wasn't quite as ready. As I did five loads of laundry, my mind went over what I would need. I had the recommended packing list, but that had primarily professional gear listed.

I thought I had everything until I got here, unrolled my sleeping bag and realized I didn't bring a pillow. Living in bare base conditions, there were small things I could've brought to enhance my quality of life, but

because I wasn't prepared, I forgot them.

While I was packing and calling my parents, I had to find someone to watch my cats. Military families with children have to have a short-term care program.

Those of us with pets aren't required to have one. I realized that I needed to have a plan for these exact times. Thank goodness for the kindness of neighbors.

After I redeploy, you can bet that I will have a personal short-notice deployment kit at home with a to-do list with what needs to be done before I depart.

Shortly after I arrived, I escorted national media on a helicopter flight over the city. As I looked down at the water surrounding houses, I asked myself: Would I be ready to evacuate my home if I needed? What would I take with me?

Many of us don't want to deal with the reality that a disaster could happen to us. Unfortunately, it has been proven time and time again that something will happen. Once I'm home, I also will create a list of

what I would take with me if I had to evacuate my home.

The other part of being prepared is ensuring you can replace your belongings if needed. I'm not advocating one insurance company over the other but it's important, whether you are renting or owning, that you have insurance to cover any losses.

Along with having insurance is having the right insurance. According to a news report, many residents here admitted to complacency with hurricane warnings and evacuations.

A Post-Kaiser-Harvard poll stated seven people out of 10 had no insurance (renters or homeowners) to cover losses. Only 40 percent of homeowners had flood insurance. Now, that might be surprising to many, but if you aren't prepared and have become complacent, you don't always do what really needs to be done. It's the "won't happen to me" syndrome.

As my deployment here winds down, I realize while I was ready to help, I wasn't as prepared as I thought I. I can guarantee you I will be next time. Will you?

"I had to ask myself the question: How prepared am I to face unexpected contingencies or disasters?"

Air dominance: A must to support sister services' operations

By Lt. Col. Jim Hecker
27th Fighter Squadron

CANNON AIR FORCE BASE, N.M. – The Air Force is about to go operational with the F/A-22 Raptor.

The Raptor will allow the Air Force to maintain air dominance, an essential ingredient to all war plans.

For the past 30 years, the F-15 Eagle has done a superb job gaining and maintaining air dominance.

In Operation Desert Storm, the Eagle had 34 victories and added another four in Operation Allied Force – securing air dominance in both conflicts. Due to the Eagle's overwhelming success, the enemy refused to even take off during Operation Enduring Freedom.

As Airman, we should take great pride in our abil-

ity to provide sister services the freedom to maneuver in the air and on the ground.

Regarding air superiority, retired Gen. Charles Horner once said, "Everything is possible if you have it... little is possible if you lose it."

This was apparent, as the Iraqi Air Force was unable to gain air superiority and left their Army open to attack by coalition forces, leading to the infamous "highway of death" during Operation Desert Storm.

As we move forward, leaders in other countries are seeing the value of air dominance and are investing capital to improve their fighters and air defense systems.

Their fighters are beginning to reach parity with the F-15C and threaten our

ability to guarantee air dominance to our sister services.

In addition, those leaders are putting in place complex integrated air defense systems, including sophisticated surface-to-air missiles, which also threaten air dominance.

The F/A-22 Raptor will ensure we have the ability to gain and maintain air dominance against these advanced threats.

Thankfully, many people saw the need for the Raptor several years ago. The F/A-22 began as a concept in the early 1970's.

A proposal for an advanced tactical fighter was submitted in October 1985, and a 54-month demonstration/ validation program began between the YF-22 and YF-23, the original designations of the F/A-22.

In August 1991, the YF-22 was declared the winner and began flight-testing at Edwards Air Force Base, Calif. Since then, test missions have flown at Nellis AFB, Nev. and training missions at Tyndall AFB, Fla.

The 27th Fighter Squadron here received its first combat coded aircraft May 12 and is preparing for initial operational capability.

On April 15, 1953, two American artillerymen were attacked by enemy aircraft during the Korean War and lost their lives. This event was the last time an enemy aircraft killed an American soldier on the ground.

It has been a great 52 years. As Airmen, you should take pride in your achievement and let's go for another 52.

16th SOW Aimpoints

- Fight and win
- Take best care of our wingmen, families and resources
- Become the next generation of Air Force and Air Commando leaders

Disclaimer

Published by the Northwest Florida Daily News, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 16th Special Operations Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services (add "overseas" in publications outside the United States). Contents of (name of newspaper) are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Northwest Florida Daily News of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. Editorial content is edited, prepared, and provided by the 16th Special Operations Wing Public Affairs office. All photographs are Air Force photographs unless otherwise indicated.

To reach the Commando staff, call 884-7464, e-mail commando@hurlburt.af.mil, or visit Bldg 90210, Rm 326.

Submitting articles

The deadline for submissions to the COMMANDO is noon Monday for briefs the week of publication. Articles may be submitted on IBM format computer disk or via electronic mail. Non-electronic submissions must be typed, double-spaced. All submissions must include the name and telephone number of a person to call.

Open Line

The Commander's Open Line is your direct line to the base commander for questions or suggestions about subjects of concern to the Hurlburt Field community. To receive a response, leave your name, unit and telephone number. Open lines of general interest will be printed in the COMMANDO. Other questions will be answered by letter or phone call. Remember, the quickest and most efficient way to resolve a problem is to talk directly to the agency responsible. This gives them an opportunity to help you and perhaps improve their process. However, if you're not satisfied with the answer you receive, feel free to give the commander a call at 884-OPEN (6736).

Address information

U.S. MAIL: COMMANDO
131 Bartley Street, Suite 326
Hurlburt Field, FL 32544-5271
E-MAIL: commando@hurlburt.af.mil
TELEPHONE: (850) 884-7464 FAX: (850) 884-6093

COMMANDO Editorial Staff:

Col.	Airman 1st Class
Norman Brozenick Jr.	James Dickens
Commander	Editor
Capt. Virgil Magee	Senior Airman
Chief,	Heidi Davis
public affairs	Senior Staff Writer
2nd Lt. Amy Gonzales	Jamie Haig
Deputy Chief	Layout and Design
Master Sgt.	Staff Writer
Stuart Camp	Staff Sgt.
Superintendent	Marek Haynes
Master Sgt.	Media Relations
Kevin Owen	Amy Oliver
NCO	Community Relations

DUI Tracker



Sept. 30 – Oct. 6 1 DUI

This year: 20

DUIs for 2004: 42

Last DUI: 16th Operations Support Squadron, Oct. 2

Days since last DUI:

16th OG...4

16th MSG...96

16th MXG...65

16th MDG...281

Totals are current as of Oct. 6.

Don't Drink and Drive. Call AADD at 884-8844

Potential saves this year: 503

Gooney bird nearly flies coop

By Jamie Haig
Public Affairs

The 6th Special Operations Squadron is the only squadron in the Air Force still flying the C-47 airplane, and a few weeks ago, it would have been the aircraft's last flight here.

Leased from Basler Turbo Conversions in Oshkosh, Wis. in August 2003, the "Gooney Bird," as it's also known, has been the primary fixed-wing aircraft primary trainer for the 6th SOS.

"The reliability in this plane is unmatched," said Lt. Col. Thomas Sands, 6th SOS acting operations officer. "Although it was built in 1942, it's been refurbished and flies beautifully."

The refurbishments included converting the engines to turboprops, modifying the cockpit to allow for night-vision goggle use, adding four feet in length, adding static lines for parachutists and

installing rollers to drop cargo.

"We train our crew so we can go to other countries that own the C-47 and train their military in the different uses," said Colonel Sands.

The large wingspan allows the plane to lift off quickly, usually in the space of five plane lengths, said Colonel Sands. The small tire in the back, referred to as the "tail-dragger," makes it difficult to see out of the cockpit when the plane is parked.

Due to budget cuts and nearing the end of the lease, the 6th SOS was in the process of returning the aircraft to Basler, Colonel Sands said.

"This is going to hurt us," said Colonel Sands. "It'll take us about a year to get up to speed on the replacement aircraft."

The replacement aircraft, a Russian AN-26, was already scheduled to arrive at the 6th SOS, but the crews need time to get trained on the aircraft.

Without the C-47 to train on, some crew mem-



Photo by Airman 1st Class Cynthia Morrow

Lt. Col. Thomas Sands (left) trains Maj. Roberto Concepcion, both with the 6th Special Operations Squadron in the C-47.

bers would not keep proficient.

At the eleventh hour, Air Force Special Operations Command was able to make arrangements for the squadron to keep the aircraft.

Honorary commanders program receives new name, members

By Amy Oliver
Public Affairs

The 16th Special Operations Wing officially inducted its new honorary commanders and command chief with an orientation day and banquet here Sept. 15.

This year the 16th SOW Honorary Commanders Program has been renamed the Honorary Commander and Command Chief Program.

Additionally, the program has been modified to reduce the number of honorary commanders from 13 to five. Ron Raybourne, 16th SOW honorary command chief and Cumulus Media marketing manager, wanted to learn about the wing mission firsthand.

"We always try to include the mili-

tary any way we possibly can," said Mr. Raybourne. "If I knew more about the 16th SOW, it might give me better ideas of how to communicate with the troops."

"I'm excited about having Ron onboard as the first honorary command chief," said Chief Master Sgt. Todd Small, 16th SOW command chief. "This is a great opportunity for our enlisted force to demonstrate both their skill and professionalism. I look forward to the coming year...it's going to be a mutually beneficial experience."

To kick off their year-long term, the new honorary commanders and command chief were introduced to the mission of the 16th SOW. The evening culminated with a hail and farewell banquet at the Soundside Club where

the new members were joined by the outgoing honorary commanders and Hurlburt Field leadership. The event included a slide show highlighting the past year's activities, unit coin presentations and an Air Force birthday celebration.

For outgoing 16th Special Operations Squadron honorary commander, Pam Tedesco, it was a tremendous honor and experience to have been part of the 16th SOW honorary commanders program inaugural year.

"I've always had an admiration for the service our men and women in uniform provide, but this gave me such an insight to what these folks really do," said Ms. Tedesco. "Their level of expertise, commitment and sincerity is something every citizen

should be aware of and appreciate."

The incoming members of the program are:

Tony Hughes, Beach Community Bank, 16th SOW honorary commander

Ron Raybourne, Cumulus Media, 16th SOW Command Chief

Brad Williams, Florida Fish and Wildlife Commission, 16th Operations Group honorary commander

Catherine Dokey, Okaloosa Sheriff's Department, 16th Mission Support Group honorary commander

Tim McDonald, Fort Walton Machining, 16th Maintenance Group honorary commander

Yvonne Freeman, Brainstorms, 16th Medical Group honorary commander

Fire Prevention Week 'extinguishes' candle-safety mysteries

By Senior Airman Amber Turek
16th CES

Fire marshals continually focus on causes that kill people, burn homes and ruin lives.

The 16th Civil Engineer Squadron Fire Department is preparing for Fire Prevention Week, Sunday through Oct. 15, when fire prevention and safety tips get national attention.

This year, the theme for Fire Prevention Week is "Use Candles with Care."

Candles may look nice and fill your house with a wonderful fragrance, but in the past decade they ignited a third of all fires in America. Candle misuse and complacency are growing threats to our community.

A study found that the candles were being used for light in one-third of the fatal home candle fires, generally because power to the home was off, due to nonpayment or power outages.

According to the base fire protection regulation,



Courtesy photo

establishments provided they're securely supported on noncombustible bases and flames are protect-

ed by a glass globe or shield.

The following are a few safety tips on candle use:

- Use sturdy candleholders that won't tip over easily, are made from a material that can't burn and are large enough to collect dripping wax.

- Place candleholders on a sturdy, uncluttered surface – away from edges and any place where they could be knocked over by children or pets.

- Light candles carefully – keep hair and any loose clothing away from the flame.

- Keep candle wicks trimmed to one-quarter inch.

- Extinguish candles when they burn down to within two inches of their holder or any decorative material.

- Extinguish candles carefully, using a long-handled candle snuffer or a soft, directed breath. Be careful not to splatter wax when extinguishing.

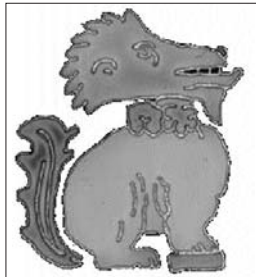
- Don't leave the room until wicks have stopped glowing.

- Avoid using candles during a power outage. Have flashlights and battery-powered lighting on hand for emergency lighting.

16th SOW celebrates 12 years of heritage

By Master Sgt.
Jeffrey Michalke
16th SOW History Office

The 16th Special Operations Wing celebrated its 12th birthday Saturday, but before it was the 16th SOW, it was the 1st SOW.



The Chindit is part of the heritage of the 1st Air Commando Group.

On Oct. 1, 1993, the Air Force redesignated the 1st SOW as the 16th SOW.

The redesignation occurred as part of then Air Force Chief of Staff Gen. Merrill McPeak's effort to preserve Air Force heritage.

The 16th SOW designation was of historical importance in that it was one of the original 13 Army Air Corps units created between 1918 and 1932.

General McPeak tasked the Air Force Historical Research Agency at Maxwell Air Force Base, Ala., to develop a historical scoring system for wings and squadrons that would permit leadership to keep those unit designations with the most historical points during down-sizing actions.

A scoring system was developed based on a unit's total years of service, service streamers, campaign or expeditionary credits, combat decorations, foreign decorations, non-combat decorations and aerial victory credits.

General McPeak directed that no active-duty units would have the same designation. At the time, the 1st SOW shared its numerical designation with the 1st Fighter Wing, Langley AFB, Va., and the recently redesignated 1st Space Wing, Peterson AFB, Colo.* Under the scoring system, the 1st Fighter Wing accumulated the most points, thus the 1st SOW had to be renamed.

To comply with General McPeak's requirement, the

AFHRA personnel reconstituted the 16th Fighter Group to renumber the 1st SOW.

The wing traces its history back to March 29, 1944, when the 1st Air Commando Group was activated. Through various redesignations, it became the 1st SOW. Finally, it was renamed the 16th SOW.

"What ultimately matters is not what number we have," said former 16th SOW commander, Col. Maxwell Bailey. "What matters is the wing is combat-ready and capable of performing as professionally as the Air Commandos and Special Operators of the past 50 years."

*The 1st Space Wing was redesignated the 21st Space Wing.

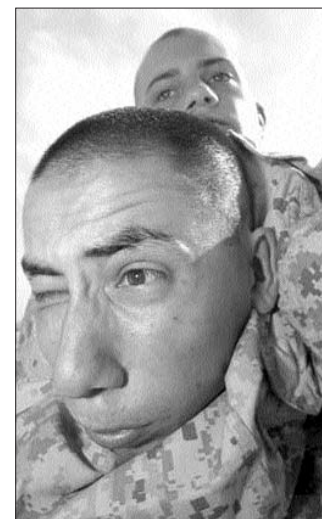


Photo by Lance Cpl. Dorian Gardner

MARINE CORPS RECRUIT DEPOT SAN DIEGO, Calif. — Pvt. Daniel Carrillo, Platoon 3118, Company K, withstands a figure-four blood choke during Marine Corps Martial Arts Program testing Sept. 30.

U.S. vs. Tarver round two: Airmen retried for cocaine use; 'not guilty' of additional charges

By Master Sgt. Kevin Owen
Public Affairs

Airman 1st Class Joshua Tarver, 16th Equipment Maintenance Squadron, was retried for cocaine use at a two-day general court martial, Sept. 26 and 27.

Airman Tarver had originally pled guilty to violating *Uniform Code of Military Justice Article 112a, Unlawful Use of a Controlled Substance*, in March; however, the convening authority set aside the guilty plea.

"The convening authority decided Airman Tarver's first guilty plea was

not provident, which means that he did not feel Airman Tarver met the requirements needed to plead guilty mandated by the Manual for Courts-Martial," said Lt. Col. Scott Letteney, 16th SOW trial attorney.

Airman Tarver again pled guilty to using cocaine on one occasion. As a result of the convening authority's actions, he received additional charges. He was charged with driving under the influence of cocaine and alcohol — a violation of *Article 111 of the UCMJ*.

Airman Tarver was also charged with perjury for lying under oath

during his first trial. He pled "not guilty" to the additional charges.

Having requested trial by military judge alone, Lt. Col. Dawn Eflein, eastern circuit judge, deliberated for an hour before announcing her decision. She accepted Airman Tarver's guilty plea, and found him "not guilty" of the additional charges.

After hearing several character witnesses and an unsworn statement from Airman Tarver, she deliberated an additional 30 minutes before announcing a sentence of reduction to airman basic and 100 days of confinement.

'Share-A-Ride' helps Airmen who don't have cars

By Senior Airman
Heidi Davis
Public Affairs

Many first-term Airmen arrive here with nothing more than a few items to fill their dorm room, and fewer arrive with a personal motor vehicle.

Therefore, those without cars have to walk or ride a bicycle to get from point A to point B.

This may not pose a problem for some on a beautiful Florida day, but what about

those rainy, cold or hurricane-like days when walking just isn't an option?

About 18 months ago, base leadership began receiving multiple responses from Airmen who needed an answer to the "walk or ride" transportation issue.

Thus, the Share-A-Ride program was born, said Chief Master Sgt. Kevin Dillon, 16th Mission Support Group superintendent.

"Airmen who didn't have cars were



Photo by Jamie Haig

Be on the lookout for Airmen posted at Share-A-Ride signs posted at four locations on base.

finding it difficult to get to the east side of base when they lived on the west side and vice versa," he said. "Many of us (leadership) who have been overseas are familiar with the success of the Share-A-Ride program."

With the help of 16th Civil Engineer Squadron, four "Share-A-Ride" signs were posted on the east and west sides of base.

See **RIDE**,
Page 6

Brothers In Arms

Army

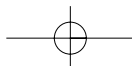
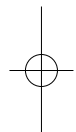
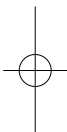
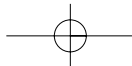
Nine individuals suspected of terrorist activity were detained by Task Force Freedom Soldiers during a cordon and search operation in western Mosul, Sunday. In central Mosul on the same day, three individuals suspected of terrorist activity were detained by Iraqi police and U.S. Soldiers.

Marines

AL ASAD, Iraq — The Untouchables of Marine Wing Support Squadron 272 are busy turning pedestrians into pilots at the hot fuel pits on Al Asad's runway. Twenty-four Marines from the Marine Corps Air Station New River, N.C.-based squadron work, eat and sleep surrounded by Al Asad's flightline. The Marines work in two 24-hour, 12-man shifts fueling the base's aircraft.

Navy

PERSIAN GULF — Coalition air and surface forces concluded Search and Rescue operations in the Persian Gulf Tuesday, at approximately 3:25 p.m. local time, after locating the body of a Sailor who fell out of a U.S. Navy MH-53 helicopter during a regularly scheduled training mission in the Central Persian Gulf, off the coast of Saudi Arabia.



'Through the Eyes of a Commando' series continues

By 2nd Lt. Amy Gonzales
Public Affairs

Today's Air Commandos will have another chance to hear from those who came before them at the sixth installment of the "Through the Eyes of a Commando" lecture series at 6:30 p.m. Tuesday in the Joint Special Operations University auditorium.

Retired Maj. Gen. Richard Comer, retired Col. Gary Weikel and retired Chief Master Sgt. Wayne Fisk will provide first-hand accounts of the U.S. withdrawal from Southeast Asia.

One of the topics the men will cover is the recovery of the crew of the *SS Mayaguez* after the U.S. merchant ship was seized by Cambodian forces in the Gulf of Thailand – an operation in which all three men participated. This year was the 30th anniversary of the historic operation.

On May 12, 1975, Cambodian forces seized the crew *SS Mayaguez* off the coast of Cambodia. Adding to the already tense situation in Southeast Asia, the United States didn't have any diplomatic ties with the Khmer Rouge, which had taken over the country just weeks before. Soon after the missing ship was located anchored near Kho Tang

Island, 40 miles from the Cambodian coast, 175 Marines were flown to the island May 15 by helicopters from the 3rd Aerospace Rescue and Recovery Group and the 21st Special Operations Squadron. The group met heavy resistance from the Khmer Rouge forces, who shot down three of the first eight helicopters. Only 100 of the first Marines sent in made it to shore. A fierce fire fight ensued. After the missing crew of the ship returned on a fishing boat to the *USS Wilson*, the Marines were ordered off the island. The helicopter sent in to extract the Marines faced heavy fire from the Khmer Rouge forces. Finally, the last Marine left the island the night of May 15.

The last person to engage the forces was none other than Chief Fisk. After 10 years of fighting in Southeast Asia, he was the last American service member to oppose forces in that theater.

To hear more about this operation first-hand from the men who lived it, be sure to attend the lecture. Tickets are available through unit first sergeants. For more information, call the 16th Special Operations Wing History Office at 884-6507.

Editor's note: The 16th SOW History Office contributed to this article.

SHARE-A-RIDE, Continued from Page 4

Signs are posted on Independence Ave. in front of the Air Park, on Simpson Ave. in front of J.R. Rockers, on Tully St. in front of Burger King and on Lielmanis Rd. between the base exchange and the 16th Medical Group.

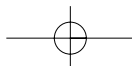
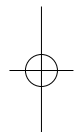
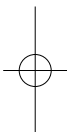
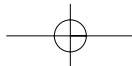
"When thinking about where to post the signs," Chief Dillon said, "we took into account traffic flow, safe places to pull over and stop and semi-convenience." "If you see an Airman waiting, stop and pick them up. It only takes a minute," Chief Dillon said.

We all share the same uniform. So, why not share a ride?



Photo by Jamie Haig

Share-A-Ride signs are posted on the east and west sides of the base.



Columbus Day hours

Facility

Gator Lakes Golf Course
Hurlburt Lanes Bowling Center
Spare Time Grill
J.R. Rockers
Soundside club
Officers hooch
Enlisted hooch
Velocity Subs
Child development center
Teen center
Youth center open recreation
School age program
Information, tickets, and travel
Frame skills
Wood skills
Auto skills
Arts & crafts center
Outdoor recreation/marina
Pool
Dive club
Paintball fields
Aderholt Fitness Center
Commando Fitness Center
Riptide Fitness Center
Riptide Dining Facility
Oasis expanded flight kitchen
Reef Dining Facility

Library

Monday

6:30 a.m. – dusk
Closed
Closed
Closed
Closed
Closed
Closed
Closed
Closed
Closed
Closed
Closed
Closed
Closed Monday, Tuesday
Closed Monday, Tuesday
Closed
Closed
9 a.m. – 5 p.m.
Closed
Closed (Tuesday 6-7 p.m.)
Closed
8 a.m. – 6 p.m.
Closed
Closed
Closed
Closed
Flight Meals Only
Breakfast: 6-8:30 a.m.
Lunch: 11 a.m. – 1 p.m.
Dinner: 4-6:30 p.m.
Closed

Academy takes part in 'joint' study

U.S. AIR FORCE ACADEMY, Colo. – The U.S. Air Force Academy has joined forces with civilian universities on a \$2.8-million study of risk factors for a common knee injury among athletes and service members.

The prospective cohort study focuses on human movement risk factors involved in injuries to the knee's anterior cruciate ligament. Most ACL injuries are sports-related and most occur when there's no direct physical contact between athletes. These injuries are also common in military training.

The study, led by researchers at the University of North Carolina Injury Prevention Research Center, Duke University and Andrews Air Force Base, Md., and funded by the National Institutes of

Health, began enrolling 1,600 Air Force cadets this past summer. The study will continue over a four-year period.

"We need to not just know how to repair ACL injuries, we also need to know how to prevent them," said Maj. (Dr.) John Tokish, an orthopedic surgeon and lead investigator for the study here. "This study will give us that knowledge."

Similar studies have been initiated at the U.S. Naval Academy and the U.S. Military Academy.

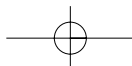
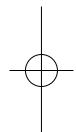
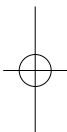
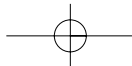
"A common protocol is being followed across all three academies, so all the data can ultimately be combined," said Maj. Tim Mazzola, the co-lead investigator for the study.

Upon entry into the study, cadets complete a baseline ques-

tionnaire that collects basic demographic data as well as information about their injury history and recent sports participation.

Being able to enroll a large number of physically-active men and women here is what makes the study possible, Major Mazzola said. Investigators are able to track over time any ACL injuries that may occur, as these will be treated in the academy's central orthopedics department.

Funding for the study comes from the National Institute of Arthritis, Musculoskeletal and Skin Disorders, a component of the NIH. The American Orthopedic Society for Sports Medicine provided funds for a preliminary "pilot" investigation conducted in 2002 to 2003. **(AFPN)**





Photos by Airman 1st Class Andy Kin



Paying respect to Old Glory

The Hurlburt Field Top 3 (above) salute the flag as it's lowered by fellow Top 3 members (left) during retreat Sept. 28 in front of Building 90210.

Increase your gas mileage

By Jennifer Cooper
16th CES

With the price of gas being so high, who isn't trying to save a few bucks at the pump these days?

While we can't do anything about the price of gas, we can make our cars more efficient.

Calculating gas mileage is simple. Start by filling up your tank. Write down the odometer reading or reset your trip gauge to zero. The next time you get gas, fill the empty tank again. Divide the miles you traveled between fill ups by the amount of gas you bought on the second fill. This is your miles per gallon.

Try the following tips to improve gas mileage:

- Drive gently. Reduce your breaking and quick acceleration. Cars use less gas when they maintain a reasonable speed.

- Use cruise control whenever possible. Also, driving at slower speeds saves gas.

- Lighten up. Remove all extra weight from your car that you don't need. Cars carrying extra weight use more gas.

- Minimize air conditioning. Close the windows, use the vents to bring in fresh air.

- Combine errands into one trip. Think of the miles you could save by stopping by the store on the way home from work instead of heading back out.

- Car pool. If you and a co-worker trade off on who drives, you can both save gas and money.

- Make sure your car is in good shape by checking tire pressures, air filter, spark plugs and engine timing.

- Lastly, there's really no need to buy the "super" high-octane gas unless your owner's manual recommends it.

OPSEC: Family members play a vital role

As a family member of the Hurlburt Field community, you're a vital player in our success.

Families also play a crucial role in protecting loved ones just by what you know and how you protect it. By being a military family member, you will be privy to certain bits of sensitive information.

It's important that you don't discuss such information outside your immediate family or other military families.

Never discuss this information over the phone or via electronic mail.

Where and how you discuss this information is just as important as with whom you discuss it.

It's important to conceal and protect certain information about your departing loved ones.

Never discuss information concerning deployment schedules, temporary deployment locations or other base activities.

Filing household goods claims doesn't have to be stressful

Courtesy of 16th SOW Judge Advocate

Moving can be a stressful time for any military member. It becomes more stressful when personal items become damaged or even lost during a permanent change of station.

The Hurlburt Field Claims Office strives to make the claims process as smooth and painless as possible.

The office is located on the second floor of Building 90210. When you come in, have damaged or lost items annotated on *DD Form 1840/1840R* (pink form). Office hours are 7:30

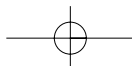
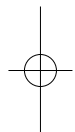
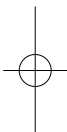
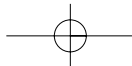
a.m. – 4:30 p.m. Monday through Friday.

When items show up damaged beyond repair, don't dispose of them. If you feel you must throw out items due to safety concerns, contact the claims office first.

Per *Air Force Instruction 51-502*, the carrier has salvage rights to any household good items for which the claimant is paid full replacement cost.

We recommend you hold on to your damaged goods for 35 days from the date of the settlement letter you receive at the end of your claims process. If the carrier doesn't exercise their salvage rights, then the property belongs to the Air Force.

For more information, call 884-1970.



Military

Unit activation

A unit activation and assumption of command ceremony for the 319th Special Operations Squadron will be held at 9 a.m. Wednesday in Freedom Hangar. Lt. Col. Michael D'Argenio will assume command of the new squadron, which will use the Pilatus PC-12 to provide intra-theater support for Special Operations Forces. All Hurlburt Field personnel are invited to the ceremony. The attire is uniform of the day for military personnel.

USAFSOS course

The U.S. Special Operations School invites all Special Operators to attend the Cross Cultural Communications Course Oct. 31 - Nov. 4. The course is designed for personnel preparing to live or deploy overseas, who work with international military personnel, and those with a professional or analytical interest in international studies.

For more information, call Capt. Apryl Cymbal at 884-4472 or Joyce Weber at 884-4731. Also, visit <https://www.hurlburt.af.mil/milonly/tenantunits/jsou>.

The USAFSOS also invites all Special Operations personnel to attend the Sub-Saharan Africa Orientation Course Oct. 31 - Nov. 4. This course is designed for personnel preparing to live in or deploy to Sub-Saharan Africa region, who work with individuals from this region and those with a professional or analytical interest in the Sub-Saharan Africa area.

For more information on registration, call Mrs. Weber at 884-4731; for information on course content, call Capt. Jenny D'Olympia at 884-6793, or visit the Web site at: <https://www.hurlburt.af.mil/milonly/tenantunits/jsou/>.

Olmsted program

The Olmsted Scholar program provides the opportunity to study abroad, obtain a master's degree in a foreign language and gain an in-depth understanding of a foreign country. The eligibility criteria for this program is contained in Military Personnel Flight Memorandum 05-34. Headquarters Air Force Personnel Center must receive applications no later than Nov. 18. Mail directly to:

HQ AFPC/DPAFC
550 C Street West, Suite 36
Randolph Air Force Base, TX
78150-4734.

For more information, visit www.afpc.randolph.af.mil/fdso/dpafe.htm or call (210) 565-2103.

CCAF graduation

The Community College of the Air



Photo by Stan Drew

Force graduation commencement ceremony will be held at 8:30 a.m. Nov. 9 at the Soundside club. The education services office will be minimally manned 7:30 a.m. to noon to participate in the celebration. For more information, call 884-6724.

Community

EEO appointment

The Equal Employment Opportunity office announces the appointment of Arnetha Welcome as Chief EEO counselor for Team Hurlburt. Ms. Welcome will be the installation commander's chief advisor on EEO matters and serve as the base alternative dispute resolution champion and overall base special emphasis program manager.

Ms. Welcome will transition to the EEO function from Eglin Air Force Base to the new Hurlburt Field function over the next several months. For more information about the EEO program, call Ms. Welcome at 884-6691.

Stand-up scooters

According to Florida law, stand-up scooters are only allowed to be operated on private property. This applies to gas and electric models. These types of scooters aren't authorized to be operated anywhere on Hurlburt Field. For more information, call the 16th Security Forces Squadron at 884-6185.

Travel changes

The online travel reservation module in Defense Travel System will be down through Oct. 21 for a system update. During this time, all airline, lodging and rental car reservations must be booked and ticketed by the Commercial Travel Office outside DTS, then manually entered. Enter the reservations expenses on the following screens in DTS:

Airline - Travel module on the "Other Trans." screen.

Lodging - Additional Options

module on the "Per Diem Entitlements" screen.

Rental Car (commercial auto) - Expenses module on the "Non-Mileage" screen.

Upon return from a temporary deployment, the member should enter the actual airline, lodging and rental car costs manually using the same steps as above. Any questions should be directed to your squadron or unit organizational defense travel administrator.

Fall Festival

The annual Fall Festival is a way for the family to spend time together in a fun atmosphere. This free event is from 4-8 p.m., Oct. 27 at the Community Park. A cake walk and carnival-style games for youth are planned. Food and beverages will be available for purchase.

Awards for best essays and posters submitted for Red Ribbon Week, which promotes a drug-free commitment from youth, will be presented at the festival. For more information, call Zollie Ford at 884-6355.

Hispanic heritage

The Youth Cultural Day is at 3:30 p.m. today in the youth center. For more information, call Capt. A.J. Lugo at 884-2703.

Birth announcement

The following birth announcement was left out Sept. 23.

Emily VictoriaAnne Mangold was born Aug. 25 to Major Chuck, and Kris Mangold, 9th Special Operations Squadron.

Haunted house

The 823rd RED HORSE Squadron will host its annual haunted house 6:30-10 p.m. Oct. 14-15, 21-22, 28-29 and 31. The first visit costs \$3 per person age 6 and older; children age 5 and under are free. Each visit thereafter is \$1. The haunted house is located in Building 91133.

At the movies



Prices are \$3.50 for adults and \$1.75 for children 6 years old and up. Movies start at 7 p.m. unless otherwise indicated.

Hurlburt Field - 884-7648

Friday, Sunday - The Skeleton Key (PG-13) Caroline is a 25-year-old hospice worker who cares for the ailing and the elderly, a job designed to atone for her own mistake for ignoring her dying father in the past, when she had been a rock 'n' roll manager. After her latest charge passes away, Caroline takes a job in Louisiana, caring for Ben, a stroke-victim who is bed-ridden and can't speak. But, Caroline becomes suspicious of the house, and Ben's cold wife, Violet, only adds to the creepy atmosphere. After acquiring a skeleton key, Caroline makes her way into a secret room within the attic, where she discovers hair, blood, bones, spells and other instruments for practicing hoodoo.

Saturday - Undiscovered (PG-13) An aspiring New York model falls in love with a struggling musician, when they suddenly cross paths on a subway train. Having achieved success as a model, she decides to move to Los Angeles to launch an acting career. With the support of her acerbic agent and sometimes surrogate mom, she lands a spot in a highly sought after acting class where she befriends another would-be actress.

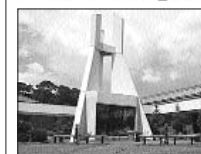
Eglin - 882-1066

Friday, Sunday - 40-Year Old Virgin (R) Forty-year-old Andy has done quite a few things in his life. He's got a cushy job stamping invoices at an electronics superstore, a nice apartment with a proud collection of action figures, comic books, good friends - a nice attitude. But there's just one little thing he hasn't quite gotten around to doing yet - something most people have done by his age. Andy's never, ever, ever had sex. His friends at the store consider it their duty to help, but nothing proves effective enough until he meets Trish, a 40-year-old mother of three.

Saturday - March of the Penguins (G) Emperor penguins overcome daunting obstacles in order to return to their breeding grounds for mating season. This tells the story of one year in the life of a flock - focusing on one couple in particular - as they trek across the Antarctic on an annual journey that involves just about every major life experience: from birth to death, from dating to mating, from comedy to tragedy and from love to fighting for survival.

(Editor's note: Movies are subject to change. Telephone numbers are provided for patrons to confirm dates.)

Base chapel



Catholic Mass
Saturday, 5:30 p.m.
Sunday, 7:15 and 10 a.m.
Confessions: Saturday, 4:30 to 5 p.m., or by request
Youth: 5 p.m. Sunday
Religious Education: September - May

Protestant Services
Sunday, 8:30 a.m. (Traditional worship)
11:30 a.m. (Contemporary worship)
Religious Education: August - May
Youth and Singles groups available
Jewish Services (882-2111)
Sabbath services: Friday, 7:30 p.m., Eglin Chapel Center
Muslim Services (882-2111), Eglin Chapel Center
Jumuah: Friday, 12:45 p.m.
For more information, call 884-7795.

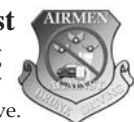


To check out Air Force TV or Radio News visit: <http://af.feedroom.com> or www.af.mil/news and click on TV or radio to find out what's happening around the Air Force.

Airman Against Drunk Driving

For a free, confidential ride home, call AADD at 884-8844.

Don't drink and drive.



24-hour Fraud, Waste and Abuse hotline:

Hurlburt Field - 884-6322
Air Force - (800) 538-8429
Department of Defense - (800) 424-9098

RED HORSE reunion

The 40th Annual RED HORSE Reunion will be held Oct. 16-19 at the Okaloosa Island Ramada Beach Resort. For registration information, visit www.redhorseassociation.org. For reunion information, call Capt. Christine Gentry at 881-3386, DSN 641-3386, or e-mail christine.gentry@hurlburt.af.mil; e-mail editor@redhorseassociation.org.

Child care updates

Hurlburt Field's family child care resource and referral coordination is now decentralized and handled by the respective facility. For more information, including enrollment or the waiting list, call the child development center at 884-6664; family child care office at 581-1207 or youth center's school age program at 884-6355.

Hurlburt Spouses' Club

The Hurlburt Spouses' Club October luncheon will be held at 10:30 a.m., Oct. 20 at the Soundside club. The cost is \$11 for members, \$13 for non-members. The luncheon will feature Jesse Bustamente the Gulf Breeze Zoo. Childcare will be provided. The cost will be \$3 per hour, per child. For more information or to register, call Karin Heaton at 515-0371.

Synagogue schedules

With Jewish holidays underway, check with the following synagogues for service schedules:

Temple Beth Shalom,
<http://f1019.urj.net/>
Temple Beth-el,
<http://templebethelofpensacola.org>
B'Nai Israel Synagogue,
www.shalompensacola.org/home.html.

Classes

On-line tuition assistance

On-line tuition assistance is now mandatory for all officers. This is an Air Force Personnel Center active-duty service commitment requirement effective immediately.

There must be a digital signature on each officer's *Authority for Tuition Assistance, Air Force Form 1227*, to comply with the new ADSC procedures. Officers can process their requests through the Air Force Virtual Education Center by logging on to the Air Force Portal at www.my.af.mil/gcss-af5/FAF/fafHome.jsp and going to the "Career" or "Life" sections. Enlisted personnel have the option of using on-line TA.

For more information, call the Education Services Office at 884-6724.

Embry-Riddle university

Embry-Riddle Aeronautical University offers Associate of Science and Bachelor of Science degrees that may be completed in about two years with military experience.

The university also offers two-year, four-year and graduate degrees in aviation and business/management. Programs are accelerated, on-line or in the classroom. Registration is until Oct. 14. For more information, call 581-2106 or e-mail hurlburt.field.center@erau.edu. Ask how to qualify for free textbooks.

Okaloosa-Walton College

Space is still available in several non-credit computer workshops offered through Okaloosa-Walton College. Individuals may register at any OWC site during normal business hours until classes are filled.

Previously enrolled at OWC may utilize the on-line registration system at www.owc.edu. All workshops are held at the Niceville campus and are open to adults of any age. No grades or tests are given. For more information, call 729-6084 or 729-6085.

Week in History

The following is a list of extraordinary events that occurred this week in military history:

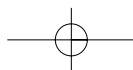
Oct. 5, 1965 – The United States Air Force made its first successful launch of an orbiting satellite.

Oct. 8, 1914 – An official American one-man altitude record of 16,798 feet was set.

Oct. 9, 1918 – More than 250 bombers and 100 pursuit planes attacked enemy forces in France.

Oct. 11, 1958 – The United States Air Force launched "Pioneer I." The lunar probe attained a height of approximately 80,000 miles.





Grabbing flags, win

16th OSS roughs up 16th SOS in flag football game, 19-14

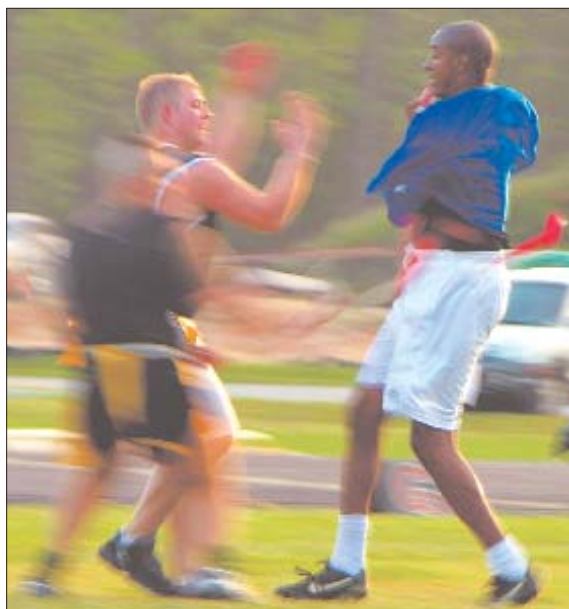


Chad Moreau, 16th OSS, throws a pass to teammates.



Photos by Senior Airman Heidi Davis

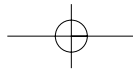
Kevin Krauss (left) and Steve Moneer, both 16th Operations Support Squadron, struggle with 16th Special Operations Squadron players to win a fifty-fifty ball during the flag football game Sept. 28 played behind the Aderholt Fitness Center.



Brock Davis (left), 16th OSS, attempts to grab the football from a 16th SOS player, as his teammate grabs at the opponent's flags. Ryan Petkak (black jersey left), 16th OSS, blocks and attempts to pull off the flags of a 16th SOS ball carrier.



Kevin Krauss (black jersey above), 16th OSS, grabs at the flags a 16th SOS player as he throws a pass to a 16th SOS teammate waiting down field.



'Get up, get out, get fit'

By Karen DeCarlo
16th SVS

More than 40 youth from the base community did just that Saturday as part of Hurlburt Field's FitFactor launch at the youth center.

FitFactor is a new Air Force-wide 'Get Up, Get Out, Get Fit' program designed to encourage youth to adopt a healthy lifestyle in a fun way. Participants are also rewarded for their efforts.

"We're excited about the new fitness program for eligible youth," said Stan Drew, FitFactor coordinator. "Obesity for adults and children is running rampant in our society, and FitFactor is a great opportunity to introduce our youth to a healthier and happier way of life during the formative stages of their lives."

Participants may take part in a wide variety of sports and recreational activities, either individually, or with family and friends.

The five major areas and levels of physical activity for FitFactor are: energy, strength, agility, adventure and endurance. Prizes are awarded to youth as they accumulate points to complete each level. Points range from 1,000 to 25,000. FitFactor also encourages youth to be physically active for at least 60 minutes each day, make healthy eating and lifestyle choices, limit television and computer screen time and adopt healthy exercise routines. Initial registration into the FitFactor program must be done at the youth center. Parental consent forms are required for youth under 13 years old. For more information, call youth programs at 884-6355.



Photo by Stan Drew

The son of Jesse Carpenter, 16th Services Squadron, and Staff Sgt. Stephanie Carpenter, 16th Comptroller Squadron, races for a loose ball against Culligan U-10, Saturday at the youth soccer fields.

Academy boxing champion calls Hurlburt Field home

By Jamie Haig
Public Affairs

The Air Force Academy's latest boxing champion is starting his communications career at Hurlburt Field.

"It's such an individual endeavor, a test of strength," said 2nd Lt. Darren Smith, 16th Communications Squadron. "It's intertwined with the team, yet an individual sport."

Lieutenant Smith won his

first national boxing title last April against contender Will Geiger of Miami, Ohio. He boxed for the Air Force Academy's team for four years, and it was his third match up against Geiger. A three-sport letter athlete in high school, boxing wasn't on his list of competitive sports.

"Coach Eddie Weichers stopped me in the gym when I was on my way to play basketball," said Lieutenant Smith. "He said he was look-

ing for small fighters and asked, 'Can you fight?' I won a couple of fights and found out that I liked it."

There are 12 weight divisions in collegiate boxing, and Lieutenant Smith was in the 119-pound class.

"It was hard keeping the weight down," said Lieutenant Smith. "I was at 132 lbs. when I first started boxing. But the team needed someone in the 119 lbs. weight class, so I stayed at 119 lbs."

The academy took second place at the National Collegiate Boxing Association championships April 2, with Lieutenant Smith and two other team members taking the gold in their weight classes.

"The academy has a dominating boxing team," Smith said. "They've never lost the regional tournament and never placed less than second place overall."

Lieutenant Smith is taking a break from boxing for awhile. He still spars at the Fort Walton Beach boxing club and would like to go

back to the academy to coach after he completes his Air Force commitment.

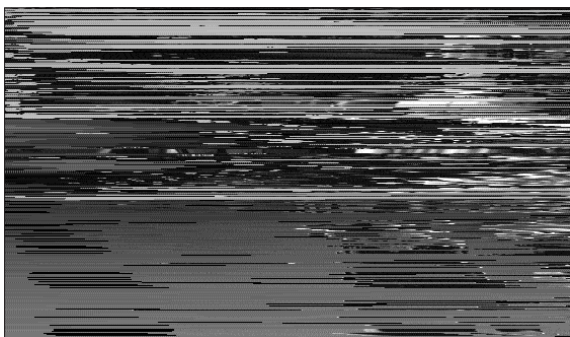
"I'd like to give back something to the academy," said Lieutenant Smith.

Lieutenant Smith's boxing career while at the Academy was impressive. With several regional championships, he was also an NCBA silver medalist in 2004, an NCBA All-American numerous times, winner of the NCBA John Fitzpatrick award, and the Wing Open Champion for several years. One of the highlights in his career was the chance to spar with U.S. Olympic contender Rashid Warren.

"It was pretty intimidating. I was team captain and the whole team was watching me spar," said Lieutenant Smith. "My heart was racing. I didn't want to get beat in front of them."

Asked how boxing compared to other sports, Lieutenant Smith summed it up.

"There's no feeling like it," he said.



Courtesy photo

Second Lt. Darren Smith (left), jabs his Navy opponent at the National Collegiate Boxing Championship held in April, when Lieutenant Smith captured his first national boxing title.

In the bleachers

5K run

A Commando 5K Run will be held Oct. 15. The check-in time is 7-7:30 a.m., and the race begins at the Aderholt Fitness Center. Register no later than noon Oct. 14. For more information, call 884-6884 or 884-4412.

Women's basketball

Any women interested in playing varsity basketball against other bases in the Southeast, contact Jim Harriot or Tech. Sgt. Bernice Stoffel at the Aderholt Fitness Center, 884-6884 or 884-6949. Eligible individuals are: active-duty, Guard, Reservists, dependents and Department of Defense and Non Appropriated Fund civilians. Practices are held at the Eglin gym.

Volunteer coaches

Volunteer roller hockey and basketball coaches are needed for Hurlburt's youth teams. Application packages are available at the Youth Center. All new coaches are required to attend the National Youth Sports Coaches training, and complete Cardiopulmonary Resuscitation and first aid training. For more information, call Ed Vieth at 884-6355.

Basketball, roller hockey

Youth basketball and roller hockey registration runs from Oct. 1 - Nov. 4. Practices begin in Dec., games start in Jan. Cost is \$45 per player, \$90 per family. Parents must bring a copy of each player's birth certificate to registration at the Youth Center. Annual physicals are required, school physicals accepted. For more information, call Ed Vieth at 884-6355.

Golf tournament

The Gator Lakes Golf Club is hosting a golf tournament Oct. 15-16. Tee time is set at 7 a.m. Saturday and the shot-gun starts at 7 a.m. Sunday. Cost is \$25 for Gator Lakes members, \$30 for Eglin members, \$40 for non-members, and \$45 for guests. To ride in the tournament, participants will be charged an additional \$10 per person. The prize fund, range balls, and lunch on Sunday are included in the price. Ladies will play from the gold tees, blue tees for the championship flight, and white tees for all others. Handicaps will be used in all flights. For more information, call 881-2251.

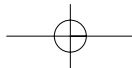
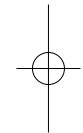
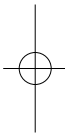
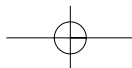
Flag-football standings

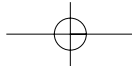
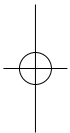
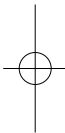
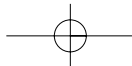
National Conference

Team	W	L
823rd RHS	4	0
MDG	3	1
LRS 2	2	1
16 CES 1	2	1
16 SVS	2	1
16 HMXS	1	2
16 SFS	1	2
16 CES 2	1	2
USCG	1	2
23 STS	1	2
16 MOS	0	3

American Conference

Team	W	L
MSS/AFSOC	4	0
16 LRS 1	3	0
16 CMS	2	0
16 OSS	3	1
16 CS	2	1
25 IOS	2	1
AMXS	1	1
4 SOS	1	2
16 EMS	1	3
AMMO	0	2
16 CPSTS	0	4
16 SOS	0	4





Technology-based trainer

Computer Age, Fit to Fight merge at Riptide; Airmen meet fitness goals

By Staff Sgt. Mareshah Haynes
Public Affairs

Have you ever been overwhelmed when you've gone to the gym? Which machines do what? How long should I stay on the treadmill? How much weight should I use? Should I be using high weight and low repetitions, or should I be using low weight and high reps?

Fortunately, there's a place on base where people can go to get all these questions answered and more.

The Riptide Fitness Center has a computerized personal trainer program and a trained fitness center staff ready and willing to educate and help customers reach their fitness goals.

Staff Sgt. Stephanie Carpenter, 16th Comptroller Squadron budget analyst, has been using the Fitness Advisor program for more than eight months. She has lost four inches since starting the program.

"I like it because it helps me monitor my progress. If I have been using a certain amount of weight, it tells me when to increase the weight."

"It also keeps track of my workout days and automatically tells me which machines to use so I don't have to wander around the gym

guessing which machine to use next," she said.

If someone is interested in having a fitness program designed using the Fitness Advisor, he will need to make an appointment with a fitness professional during regular fitness center hours. Customers can expect to have

as many as three appointments to have a personal program completed.

"The number of appointments varies for each person based on fitness goals," said Karen Cataldo, Riptide Fitness Center manager and trained fitness professional.

Before a plan is designed, a fitness professional will get to know you by finding out fitness goals, fitness background, injuries and physical limitations.

One of the many benefits of the Fitness Advisor program is the elimination of pens and paper in the gym. Fitness Advisor tracks records and stores entire workouts.

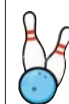
"One guy has lost three personal data assistants in here so far," said Jesse Carpenter, fitness professional. "A woman came in with about 18 different workout papers in a folder. Who wants to deal with that in the gym?"

"A lot of people don't know about the Riptide or the program," Ms. Cataldo said. "Some people think the program is just for beginners. It's for athletes of all ability groups."

Currently, there are about 1,200 people enrolled in the Fitness Advisor program. Hurlburt Field has had the program for about one year. For more information, call 881-5121.

Road to healthy living

- Hydrate regularly during the day
- Warm up before exercising
- Do a pre-activity stretch
- Cool down after exercising
- Do a post-activity stretch
- Don't overly fatigue muscles during workouts
- Wear proper safety gear for contact sports
- Do cardiovascular workouts three to four times a week
- Keep proper form during weight-training sessions
- Set attainable weight and fitness goals
- Eat healthy
- Limit tobacco and alcoholic beverages
- Get enough sleep



Bowling standings



International league – current as of Sept. 27

Team	Win	Loss
LRS	28	4
HMXS	26	6
AFSOC A	20	12
IOS	18	14
505TH EXS 2	16	16
RED HORSE	16	16
AMXS	16	16
AFSOC B	14	18
JSOU/USAFSOS	14	18
AFCWC	12	20
505 EXS/DOM	12	20

Men's high game 207

John Lovering, 279

Women's high game

Billie Jo Parsons,

Men's high series

Robert Butler, 695

Women's high series

National league – current as of Sept. 29

Team	Win	Loss
SVS A	30	2
505TH CCW	26	6
AFSOC C	20	12
CS	20	12
CMS B	16	16
SVS B	16	16
CMS A	11	21
MDG	11	21
Chiefs	8	24

Men's high game

Will Sage, 278

Women's high game

Donna Brown, 213

Men's high series

Ed Just, 741

Women's high series

Diane Emory, 565